

# HealthQuest Rewards Program for 2013 Premium Discount

New hires enrolling in the medical portion of the State Employee Health Plan have an opportunity to earn credits by participating in wellness activities to secure a discount on their health insurance premiums equal to \$40/month (or \$480/year)! New hires automatically begin receiving the discount but must complete certain requirements outlined below to maintain the discount:

Hire Date	Earning Period for 2013 Discount 10/1/11 – 7/31/12	Earning Period for 2014 Discount 8/1/12 – 7/31/13
Hired before 3/1/12	Must complete Health Screening & Health Assessment and earn 20 credits for 2013 discount	Must earn 30 credits for 2014 discount
Hired between 3/1/12 & 7/31/12	Must complete Health Screening & Health Assessment (within 90 days of hire) to earn 10 credits and receive discount for 2012 and 2013	Must earn 30 credits for 2014 discount
Hired between 8/1/12 & 12/31/12	Automatically receive discount for remainder of 2012 and 2013 – but need to start earning credit for 2014	Must earn 30 credits for 2014 discount

Employees may select from a wide variety of online, telephonic and in-person programs to earn credits as shown in the chart below. **Please note that a Health Screening and Health Assessment are REQUIRED.**

**PRIZES:** In addition to the premium discount, employees can win gift cards through prize drawings. Employees who have waived coverage as well as retirees, spouses and dependents (age 18 and older) who are enrolled in the State Employee Health Plan may participate in programs to earn credits for the prize drawings but do not need to earn credits for the premium discount. See details at <http://www.kdheks.gov/hcf/healthquest/rewards.html>

Activities to Earn Credits for the 2013 Premium Discount Earning Period 10/1/11 – 7/31/12	Credit Value	Credit Max
Health Screening & Health Assessment - <b>REQUIRED</b> (in-person/online)	10	10
Tobacco Cessation Program Completion (telephonic)	10	10
Non-Tobacco User (enrollment election)	10	10
Condition Management - Enrollment + 1 call (telephonic)	10	10
Preventive Exams - Well-Woman/Well-Man (in-person/self-reported)	5	5
Preventive Exams - 2 Dental/Year, 1 Vision/Year (in-person/self-reported)	5	15
Healthy Living Programs (online)	5	15
Health Coaching - 8 Interactions (telephonic, email, IM chat)	5	5
Wellness Challenges (online)	5	15
Online Monthly Seminars (online)	2	6
HealthQuest Approved Activities (in-person, online, telephonic/self-reported)	2	6
<b>Total Credits Possible = 97</b>		

Credits are tracked on the wellness portal at <http://www.kansashealthquest.com>

Program details are available on the HealthQuest website at <http://www.kdheks.gov/hcf/healthquest>

Access HealthQuest programs toll-free at 1-888-275-1205

## Health Screening – Required For Premium Discount

HealthQuest offers three ways you can obtain your biometric numbers through a health screening:

1. **Attend one free onsite health screening** – offered in many locations statewide from November 2011 through June 2012.
2. **Schedule a preventive screening visit with your physician** – one exam per calendar year is covered by the health plan at 100% when using a network provider (with no co-pay). Exams between August 1, 2011 and July 31, 2012 will be accepted.
3. **Order an at-home screening kit** – available to employees who do not have access to a health screening event in their area. PLEASE NOTE: the at-home test kit does not include results for blood pressure, height, weight and waist circumference needed to complete your online health assessment.

## Health Assessment - Required For Premium Discount (10 Credits)

Using results obtained from a health screening, doctor visit, or at-home screening kit, complete an online health assessment on the wellness portal to receive valuable health information and a personal health improvement plan.

## Tobacco Cessation (10 Credits)

Enroll in Quit For Life, the nation's leading tobacco cessation program, and work with expert quit coaches by telephone to develop a personal quit plan. Receive an 8-week supply of nicotine patches or gum at no cost to you (if appropriate). A total of 5 telephonic discussions with a quit coach must be completed by July 31, 2012, to earn credit for the program.

## Condition Management (10 Credits)

Condition management coaching is designed to help you manage a chronic condition to achieve your best level of health. Programs are offered to those who have been diagnosed with or receive treatment for the following: Asthma, Chronic Obstructive Pulmonary Disease, Coronary Artery Disease, Diabetes or Heart Failure.

## Preventive Exams (5 Credits Each/20 Credits Max)

These include the Well Woman/Well Man, dental and vision exams. To earn credits, log on to the wellness portal and click on "Self-Report Forms" from the left menu. Exams between August 1, 2011 and July 31, 2012 will be accepted.

## Healthy Living Programs (5 Credits Each/15 Credits Max)

There are 13 interactive online Healthy Living Programs accessible on the wellness portal. You may participate in only one of these programs at a time. Each program takes a minimum of six weeks to complete.

## Health Coaching (5 Credits)

Work with a personal health coach by telephone, email or IM chat for tools, motivation and support to lose weight, be more active, ease stress, eat healthier foods, gain energy, or be more confident. A total of eight (two-way) interactions with your health coach within three months of enrollment is required to earn credit.

## Wellness Challenges (5 Credits Each/15 Credits Max)

Wellness challenges provide opportunities to practice healthy behaviors and can only be accessed on the wellness portal during the timeframe specified. Participants track their progress daily or weekly on the portal. There are five challenges:

- Maintain Don't Gain (November 14, 2011 – December 12, 2011)
- New Year, New You (January 9 – January 30, 2012)
- Heart Smart (February 1 – February 29, 2012)
- Virtual Race Across Kansas (April 2 – April 30, 2012)
- Keep Your Cool (June 1 – June 29, 2012)

## Online Monthly Seminars (2 Credits Each/6 Credits Max)

These fun and engaging seminars can help you learn more about important health topics and taking steps to live a healthier lifestyle. A new seminar topic is available each month on the wellness portal.

## HealthQuest Approved Activities (2 Credits Each/6 Credits Max)

These are self-reported wellness activities. To earn credits, log on to the wellness portal and click on "Self-Report Forms" from the left menu. Examples include:

- Weight loss programs such as Weight Watchers
- Organized fitness events like 5Ks
- Wellness fairs, lunch and learns, seminars
- Job safety trainings/ Kansas Dept of Labor online safety programs
- Employee Assistance Program (EAP) participation
- Nurse line program participation
- Like HealthQuest on Facebook  
<http://www.facebook.com/KansasHealthQuest>

Participation in HealthQuest programs is always voluntary and strictly confidential.